



ARNOLD
SCHWARZENEGGER
SERIES

ARNOLD IRON CRE3™

"SUPER CREATINE"
NITRATE FORMULA

BLUE RAZZ

NATURAL & ARTIFICIAL FLAVORS

MP
MUSCLEPHARM

DIETARY SUPPLEMENT
NET WT. 4.44oz (126g)

NEW!

CUTTING-EDGE CREATINE BREAKTHROUGH*

- INCREASED STRENGTH,
POWER, RECOVERY*
- SUPPORTS
MUSCLE BUILDING
& MUSCLE GROWTH*
- RAPID ABSORPTION OF
CREATINE – NO LOADING
REQUIRED*

Supplement Facts

Serving Size: 4.2 g

Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	5	
Total Carbohydrate	1 g	<1%
Vitamin C (as Ascorbic Acid)	500 mg	833%
Vitamin E Blend (as dl Alpha Tocopherol Acetate, mixed tocopherols including gamma, delta, beta tocopherols)	500 IU	1667%
Calcium (as Calcium Silicate)	18 mg	2%
Creatine Nitrate	1000 mg	**
HydraFuel Matrix	800 mg	**
Taurine, Coconut (Cocos nucifera) Water Powder, L-Glutamine.		

*Percent Daily Value Based on a 2,000 Calorie Diet

**Daily Value Not Established

Other Ingredients: Natural & Artificial Flavors, Citric Acid, Natural Blue Colors (Fruit Juice Concentrate, Gum Arabic, Citric Acid, Tricalcium Phosphate), Sucralose, Acesulfame Potassium.

ALLERGEN WARNING: This product contains soy. This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.

STORAGE CONDITIONS: Store in a cool dry place.

WARNING: This product is only intended for use by healthy adults over 18 years of age. Consult your physician before using this product if you are taking any prescription or over the counter medications or supplements. Do not use this product if you are pregnant, expect to become pregnant or are nursing. Do not use this product if you are at risk or are being treated for any medical condition including, but not limited to: high or low blood pressure; cardiac arrhythmia; stroke; heart, liver, kidney or thyroid disease; seizure disorder; psychiatric disease; diabetes; difficulty urinating due to prostate enlargement or if you are taking a MAO inhibitor. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving size or suggested use.

KEEP OUT OF REACH OF CHILDREN.

* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

DIRECTIONS FOR IRON CRE3™:

As a dietary supplement, mix one serving (1 scoop) with approximately 6-8 oz. of water 30 minutes prior to training. IRON CRE3™ can be taken on an empty stomach or with food.

INTENSE TRAINING PROGRAMS:

As a dietary supplement, mix one serving (1 scoop) with approximately 6-8 oz. of water 30 minutes prior to training and one serving (1 scoop) with approximately 6-8 oz. of water immediately after training.

CUTTING-EDGE CREATINE BREAKTHROUGH FEATURING ION-3 NITRATE TECHNOLOGY*

- INCREASED STRENGTH, POWER, RECOVERY*
- SUPPORTS MUSCLE BUILDING & MUSCLE GROWTH*
- RAPID ABSORPTION OF CREATINE –
NO LOADING REQUIRED*



ARNOLD.COM
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& MANUFACTURED FOR:

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